



Sept. 16, 2021 • Week 4
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GNAC Cross Country At A Glance

THIS WEEK'S MEETS

Fri., Sept. 17

Northwest Nazarene at Eastern Oregon Invitational, 5:30 p.m., La Grande, Ore.
Montana St. Billings at Gage McSpadden Memorial, 6:30 p.m., Spearfish, S.D.

Sat., Sept. 18

Central Washington, Seattle Pacific at PLU Invitational, 11 a.m., Tacoma, Wash.

LAST WEEK'S MEETS

Fri., Sept. 10

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Chico State 24, Simon Fraser 49, Concordia Irvine 123, Academy of Art 150, San Francisco St. 150 (Academy of Art wins tiebreaker 3-2), Santa Clara 160, Saint Mary's (Calif.) 166, Cal St. Monterey Bay 186, Menlo 230, William Jessup 290, San Jose St. 303.

Top 5 Finishers: 1, Aaron Ahl, SFU, 24:30.6. 2, Brayden McLaughlin, CSUS, 24:37.9. 3, Jose Pina, Unattached, 24:44.1. 4, Omar Alvarez, CSUC, 24:48. 5, Saba Khvichava, AAU, 24:48.7.

Other Top GNAC Finishers: 8, Charlie Dannatt, SFU, 25:03.4. 11, Scott Arndt, 25:20.1. 16, Sebastian Brinkman, SFU, 25:37.8. 17, Ephrem Mekonnen, SFU, 25:37.8.

Women (6,000m): Simon Fraser 36, Chico State 60, Academy of Art 84, Concordia Irvine 96, Cal State East Bay 146, Santa Clara 185, San Jose St. 196, Cal St. Monterey Bay 208, Saint Mary's (Calif.) 241, San Francisco St. 251, William Jessup 294, Sonoma State 322.

Top 5 Finishers: 1, Olivia Willett, SFU, 21:57.6. 2, Jori Paradis, CUI, 21:59.3. 3, Natalia Novak, AAU, 22:03.4. 4, Naomi Lagat, Menlo, 22:04.5. 5, Alison Andrews-Paul, SFU, 22:10.6.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 22:13.6. 8, Grace Chalk, SFU, 22:16.7. 19, Claire Noort, SFU, 22:45.6.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): George Fox 36, Western Oregon 63, Lane CC 93, Willamette 93 (Lane CC wins

tiebreaker 3-2), Seattle Pacific 142, Linfield 151, Everett CC 202, Clark CC 212, Southwestern Oregon CC 234, Umpqua CC 258.

Top 5 Finishers: 1, Keanu Daos, WOU, 18:22.1. 2, Justin Crosswhite, Unattached, 18:38.8. 3, Riley Watts, Lane CC, 18:45.1. 4, Logan Auxier, Lane CC, 18:48.7. 5, Peter Weiss, GFU, 18:57.

Other Top GNAC Finishers: 11, Colin Boutin, SPU, 19:07.9. 14, Easton Pomrankey, WOU, 19:18.1. 26, Cedar Davis-Frankfort, WOU, 19:35.30, Jon Owen, SPU, 19:38.7.

Women (4,000m): George Fox 29, Western Oregon 58, Lane CC 74, Linfield 98, Pierce CC 98, Chemeketa CC 173, Umpqua CC 182.

Top 5 Finishers: 1, Luz Garcia, WOU, 13:59.3. 2, Caitlin Heldt, WOU, 14:08.7. 3, Annika Esvelt, SPU, 14:12.3. 4, Ellie Rising, 14:29.5. 5, Jessie Bailey, GFU, 14:32.3.

Other Top GNAC Finishers: 7, Kelsey Washenberger, SPU, 14:40.2.

Sat., Sept. 11

CWU Invitational

at Central Washington Univ. Campus, Ellensburg, Wash.

Men (6,000m): Western Washington 29, College of Idaho 65, Northwest (Wash.) 82, Central Washington 94, Eastern Oregon 103, Green River CC 153.

Top 5 Finishers: 1, Logan Hunt, CI, 19:27.5. 2, Kaleb Korta, WWU, 19:40. 3, Travis Running, EOU, 19:40.9. 4, Jeret Gillingham, WWU, 20:02.2. 5, Micah Murphy, NWU, 20:05.3.

Other Top GNAC Finishers: 6, Mac Franks, WWU, 20:09.1. 8, Sean Sands, WWU, 20:13.4. 9, Jalen Javurek, WWU, 20:13.7.

Women (4,000m): College of Idaho 29, Western Washington 51, Northwest (Wash.) 55, Central Washington 83, Eastern Oregon 124, Olympic CC 179.

Top 5 Finishers: 1, Kahea Figueira, CI, 15:33.8. 2, Larissa Mauer, CI, 15:40.2. 3, Sage Martin, CI, 15:56.4. 4, Eugenia Palko, WWU, 15:57. 5, Sophie Wright, WWU, 16:06.1.

Other Top GNAC Finishers: 6, Mia Crocker, WWU, 16:06.9. 10, Kay Lester, CWU, 16:34.7. 13, Tailer Cochran, CWU, 16:54.6.

#GNACXC in 280

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#ReppinTheLeaf Simon Fraser won the women's competition at the SF State Invitational while the men placed second. The first meet for SFU since 2019, the performances earned selection as the GNAC Team of the Week.

#WinningWays Simon Fraser's **Olivia Willett** and **Aaron Ahl** earned GNAC Cross Country Athlete of the Week awards after winning both individual races at the SF State Invitational.

#PackMentality Western Oregon saw junior transfers **Luz Garcia** and **Deanu Daos** win the individual titles as the duo opened their WOU careers in the Ash Creek Invitational.

#TitleDefense Western Washington opened its men's GNAC title defense by winning the CWU Invitational. Transfer **Kaleb Korta** placed second to lead all five WWU runners placing in the top-10.

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GNAC Cross Country Athletes of the Week



MEN

Aaron Ahl, Simon Fraser
Senior • Calgary, Alta.

Ahl was a nearly eight-second winner in his first cross country meet since 2019. He won Friday's SF State Invitational in a time of 24:30.6 over 8,000 meters to finish ahead of Chico State's Brayden McLaughlin. Ahl averaged 4:46 per mile and led SFU to a second-place team finish with 49 points.

Also Nominated: Ty Savely (Central Washington), Keanu Daos (Western Oregon), Kaleb Korta (Western Washington).



WOMEN

Olivia Willett, Simon Fraser
Senior • Coquitlam, B.C.

Willett won the women's 6,000-meter race at Friday's SF State Invitational. She covered the course in a time of 21:57.6 to finish two seconds ahead of Concordia Irvine's Jori Paradis. Willett averaged 5:53 per mile to lead Simon Fraser to the team title with 36 points, 24 points ahead of Chico State.

Also Nominated: Kay Lester (Central Washington), Luz Garcia (Western Oregon), Eugenia Palko (Western Washington).

Past GNAC Athletes of the Week

Date	Men	Women
Aug. 23-29	Coleman Nash, UAA	Kendall Kramer, UAF
Aug. 30-Sept. 5	Kailanu Pagente, SMU	Naomi Bailey, UAF
Sept. 6-12	Aaron Ahl, SFU	Olivia Willett, SFU

Complete Player of the Week releases are available online at GNACSports.com.

GNAC News & Notes

MAKING THE TRANSFER: The first three weeks of the GNAC cross country season belonged to the freshmen. The fourth week belonged to the transfers.

Newcomers to the conference teams performed well in three meets last week. The biggest impact athletes ran in Friday's Ash Creek Invitational in Monmouth, Oregon, where junior transfers won both races for the Wolves.

Junior **Luz Garcia**, a transfer from Cal Poly Pomona, made her debut with a victory as she covered the home 4,000-meter course in 13:59.3. Junior **Caitlin Heldt**, who was in her first cross country race in the Wolves' red and black, was second in 15:33.8.

In the men's race, junior **Keanu Daos** made it an individual title sweep for Western Oregon. The transfer from Spokane Community College covered the 6,000-meter course in a time of 18:22.1 to finish six seconds ahead of former WOU standout Justin Crosswhite.

Western Washington's 2019 men's GNAC title defense was paced by a transfer at Saturday's CWU Invitational in Ellensburg. Senior Kaleb Korta, who formerly ran for Alaska Anchorage, placed second in the 6,000-meter race in 19:40.

SIMON FRASER MAKES STRONG RETURN: Competing in their first meet since 2019, Simon Fraser Cross Country announced themselves with authority at the San Francisco State Invitational on Friday, going up against several other schools – including Division I competition – and winning the individual men's and women's races, women's team crown and now the GNAC Team of the Week Award.

The highlight was individual race wins for seniors **Aaron Ahl**, who bested a field of 115 other runners to take the men's 8K with a time of 24:30.6, and **Olivia Willett**, who finished first in the 104-woman 6K with a time of 21:57.6. Ahl and Willett took home the GNAC Player of the Week Awards for men's and women's cross country.

Depth was also on display, as both the men's and women's programs placed five runners in the top-20 in their respective races.

"The athletes were so motivated to succeed and I told them to take advantage of this opportunity to confirm where we should be in the NCAA rankings," head coach **Brit Townsend** said. "We really wanted to have early success to give us momentum into the season."

WINNER'S CIRCLE: The following GNAC athletes have picked up cross country victories during the 2021 season...

MEN

Coleman Nash, UAA (UAF Blue/Gold Race, Aug. 28, 22:53, 6,000m)
Coleman Nash, UAA (Seawolf Throwdown, Sept. 4, 26:18.4, 8,000m)
Kainalu Pagente, SMU (Puget Sound Invitational, Sept. 4, 19:03, 6,000m)
Aaron Ahl, SFU (San Francisco St., Sept. 10, 24:30.6, 8,000m)
Keanu Daos, WOU (Ash Creek Invitational, Sept. 10, 18:22.1, 4,000m)

WOMEN

Kendall Kramer, UAF (UAF Blue/Gold Race, Aug. 28, 18:34, 5,000m)
Naomi Bailey, UAF (Seawolf Throwdown, Sept. 4, 22:37.8, 6,000m)
Sara Sabra, SMU (Puget Sound Invitational, Sept. 4, 15:35, 4,000m)
Olivia Willett, SFU (SF State Invitational, Sept. 10, 21:57.6, 6,000m)
Luz Garcia, WOU (Ash Creek Invitational, Sept. 10, 13:59.3, 4,000m)

Around The GNAC

ALASKA



• Alaska did not race last week. The Nanooks return to the course on Friday, September 24, at the Mike Johnson Classic in Monmouth, Oregon.

• Alaska last competed in the Seawolf Throwdown on Saturday, September 4. For the second time this season, Alaska captured the women's team title with a score of 23 points, 11 better than UAA. The Nanooks' men placed second with 18 points.

• Freshman **Naomi Bailey** won the 6,000-meter race in a time of 22:37.8. She was 45 seconds ahead of freshman teammate **Rosie Fordham**, who finished second for the second straight week.

• Junior **Mike Ophoff** was the Nanooks' lead runner in the men's race, finishing third in a time of 26:42.2. He was the only UAF runner in the top-six.

ALASKA ANCHORAGE



• Alaska Anchorage did not compete last week. The Seawolves do not race again until the Chambers Bay Collegiate Open on Saturday, October 2.

• The Seawolves last competed on Saturday, September 4, capturing the men's team title and placed second in the women's race in its own Seawolf Throwdown.

• Freshman **Coleman Nash** was the winner in the men's race as he covered the 8,000-meter course in a time of 26:18.4. He was nine seconds faster than junior **Jacob Moos**, who was second in 26:27.9.

• Senior **Nancy Jeptoo** led the Seawolves' women, covering the 6,000-meter distance in a time of 24:33.2 to place third. Junior **Alfin Nyamasyo** was fifth in a time of 26:00.9.

CENTRAL WASHINGTON



• Central Washington opened the 2021 season by taking fourth in both the men's and women's races at its own CWU Invitational on Saturday.

• Originally scheduled to take place at the program's Apple Ridge course in Yakima, the meet was moved to the CWU campus due to poor air quality.

• The men finished with a score of 94 points. Freshman **Ty Savely** led the Wildcats, placing 11th in a time of 20:19.8 over the 6,000-meter course. Senior **Rajesh Gill** placed 18th in 20:33.6 and freshman **Shawn Clough** was 20th in 20:36.9.

• The CWU women scored 83 points. Junior **Kay Lester** was the top finisher, placing 10th in a time of 16:34.7 over 4,000 meters. Junior **Madison Child** placed 15th in a time of 16:57.5 while freshman **Kelli Heim** placed 18th in 17:02.

• Central Washington is scheduled to compete every weekend leading up to the GNAC Championships on Saturday, October 23. The Wildcats will race on Saturday at the PLU Invitational in Tacoma.

MONTANA STATE BILLINGS



• Montana State Billings does not open its season until Friday when the teams compete in the Gage McSpadden Memorial in Spearfish, South Dakota.

• The MSUB men are picked to finish eighth in the GNAC Preseason Coaches Poll. The women are picked to finish 10th.

NORTHWEST NAZARENE



• Northwest Nazarene will open the 2021 season on Friday, at the Eastern Oregon Invitational in La Grande.

• The NNU men are picked to finish fourth in the GNAC Preseason Coaches Poll.

• The Nighthawks' women were picked fifth in the GNAC Preseason Poll, receiving one first-place vote. The women are ranked No. 8 in this week's USTFCCA West Region Rankings and received votes in the first USTFCCA National Poll.

SAINT MARTIN'S



• Saint Martin's did not compete last week. The Saints will not race again until Saturday, September 25, when they host the Ken Garland Classic.

• Saint Martin's started the 2021 season off in grand style, taking two individual victories and the men's team title at the Sept. 4 Puget Sound Invitational in Lakewood, Washington.

• The Saints' men won with a score of 42 points, finishing 15 points ahead of second-place Pacific Lutheran. The SMU women placed second with 44 points.

• Freshman **Kainalu Pagente** won the 6,000-meter race in a time of 19:05. He was two seconds ahead of second-place Cayan Dibble of Green River Community College. Junior **John Farrell** took third in a time of 19:12.

• Freshman **Sara Sabra** took home the women's title as she covered the 4,000-meter course in a time of 15:35. She was 11 seconds ahead of the second-place finisher, Jasmine Davis of Pierce Community College. Freshman **Ali Saucedo** was third in a time of 16:09.

SEATTLE PACIFIC



• Seattle Pacific posted a fifth-place men's team finish while the women ran with an incomplete team at the Ash Creek Invitational on Friday in Monmouth, Oregon.

• The Falcons' women placed three of their four competing runners in the top-10. Sophomore **Annika Esvelt** placed third in a time of 14:12.3 over 4,000 meters, 13 seconds behind the winner. Freshman **Ellie Rising** finished fourth in a time of 14:29.5. Junior **Kelsey Washenburger** placed seventh in 14:40.2.

• Freshman **Nicki Yorges** rounded out the roster, placing 16th in a time of 15:06.

• The men placed fifth with a score of 142 points. Senior **Colin Boutin** led the Falcons with an 11th place finish, covering the 6,000-meter course in 19:07.9. Sophomore **Jon Owen** placed 30th in a time of 19:38.7.

• The Seattle Pacific women dropped one spot into a tie for 22nd in this week's USTFCCA Division II Women's Poll. The Falcons remain fifth in the USTFCCA West Region Rankings.

• The Falcons will be right back in action on Saturday, racing at the PLU Invitational in Tacoma.

Around The GNAC

SIMON FRASER



- After not racing since 2019, Simon Fraser made a statement with a first-place women's finish and second-place men's finish at the SF State Invitational in San Francisco.
- The efforts of the two teams earned Simon Fraser selection as the GNAC Team of the Week.
- The SFU women placed all five scoring runners in the top-20 to win with a score of 36 points, 24 points ahead of Chico State. There was a 48-second gap between the No. 1 and No. 5 runners.
- Junior **Olivia Willett** was named the GNAC Women's Cross Country Athlete of the Week after she won with a time of 21:57.6 over 6,000 meters. It was Willett's first collegiate cross country victory.
- Senior **Alison Andrews-Paul** placed fifth in 22:10.6. Junior **Megan Roxby** finished seventh in 22:13.6 and sophomore **Grace Chalk** was one place behind in 22:16.7. Junior **Claire Noort** rounded out the scoring five, placing 19th in 22:45.6.
- The SFU men placed second with 49 points, 25 points behind champion Chico State. The team placed all five scoring runners in the top-16.
- Junior **Aaron Ahl** was named the GNAC Men's Cross Country Athlete of the Week after he won with a time of 24:30.6 over 8,000 meters. It is Ahl's first collegiate cross country victory and the second all-time individual win for SFU in the program's GNAC era.
- Sophomore **Charlie Dannatt** finished eighth with a time of 25:03.4 while freshman **Steve Arndt** was 11th in 25:20.1. Junior **Sebastian Brinkman** and sophomore **Ephrem Mekonnen** placed 16th and 17th, respectively, both recording times of 25:37.8.
- Simon Fraser's women climbed one spot to No. 10 in this week's USTFCCA Division II Poll and remained at No. 2 in the West Region Poll. The SFU emerged at No. 19 in this week's national poll and No. 3 in the West Region Rankings.
- Simon Fraser does not race again until Friday, September 25, competing at the Mike Johnson Classic in Monmouth, Oregon.

WESTERN OREGON



- Western Oregon opened the home meet schedule in winning fashion, taking both individual titles and a pair of second-place team finishes at Friday's Ash Creek Invitational.
- The Wolves' women placed second with a score of 58 points. Junior **Luz Garcia**, in her first race in a WOU uniform, won with a time of 13:59.3 over 4,000 meters. Junior **Caitlin Heldt**, in her first cross country race for the Wolves, was second in a time of 14:08.7.
- The WOU men scored 63 points to earn a second-place finish. Junior **Keanu Daos** made his Western Oregon debut with the victory, covering the 6,000-meter course in a time of 18:22.1. Freshman **Tim Rambo** also had a strong debut, placing seventh in 19:05.5. Freshman **Easton Pomrankey** also earned a top-20 finish, placing 14th in 19:18.1.
- Western Oregon will not race again until it hosts the Mike Johnson Classic on Friday, September 25.

WESTERN WASHINGTON



- Western Washington made a winning men's debut and the Vikings' women placed second at the CWU Invitational on Saturday in Ellensburg, Washington.
- The defending GNAC men's champions won the meet with a score of 29 points, 36 points ahead of College of Idaho. The Vikings placed all five scoring runners in the top-10 with a 33-second gap between the five.
- Running his first cross country race in a WWU uniform, senior **Kaleb Korta** placed second in a time of 19:40 over 6,000 meters. It was his first cross country race since running in the 2018 NCAA Division II Championships for Alaska Anchorage.
- Freshman **Jeret Gillingham** finished fourth in 20:02.2 while junior **Mac Franks** placed sixth in 20:09.1. Freshman **Jared Sands** placed eighth in 20:11.2 while freshman **Jalen Javurek** rounded out the five in ninth place and a time of 20:13.7.
- The Western Washington women scored 51 points to finish second and placed three runners in the top-10.
- Sophomore **Eugenia Palko** led the Vikings with a fourth-place finish, covering the 4,000-meter course in 15:57. Freshman **Sophie Wright** placed fifth in 16:06.1 while freshman **Mia Crocker** was seventh in a time of 16:06.9.
- The Western Washington men are eighth in the USTFCCA West Region Rankings. The Vikings dropped out of the national poll after being ranked No. 24 in the preseason. The WWU women are ninth in the West Region Rankings.
- Western Washington will not race again until a split-squad weekend at the Roy Griak Invitational on Friday, September 24 and the Ken Garland Classic on Saturday, September 25.

Men's Regional & National Polls

GNAC MEN'S TEAMS IN THE USTFCCCA POLLS

National	SFU	WWU
Preseason	—	24th
Sept. 15	19th	—

NR - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	SFU	WWU
Preseason	9th	—	4th
Sept. 14	—	3rd	8th

USTFCCCA DIVISION II COACHES POLL

Week 1 - Sept. 15, 2021		
Rk	School (1st)	Pts.
1.	Colorado Mines (5)	237
2.	Grand Valley St. (3)	234
3.	Adams State	225
4.	Chico State	213
5.	Lee (Tenn.)	203
6.	Misouri Southern	199
7.	Western Colorado	190
8.	Queens (N.C.)	185
9.	Augustana (S.D.)	169
10.	Colorado Christian	165
11.	Alabama-Huntsville	161
12.	Augusta	158
13.	Wingate	149
14.	Stanislaus State	130
15.	Lewis	129
16.	Southern Indiana	120
17.	West Texas A&M	110
18.	NW Missouri St.	107
19.	Simon Fraser	95
20.	Walsh	91
21.	American International	77
22.	Biola	68
23.	UC-Colorado Springs	63
24.	Charleston	52
25.	Cal State San Marcos	46

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 1 - Sept. 14, 2021			
Rk	School	Conf.	Prev.
1.	Chico State	CCAA	1
2.	Stanislaus State	CCAA	2
3.	Simon Fraser	GNAC	NR
4.	Biola	PacWest	6
5.	Cal State San Marcos	CCAA	5
6.	Fresno Pacific	PacWest	3
7.	Azusa Pacific	PacWest	8
8.	Western Washington	GNAC	4
9.	Cal Poly Pomona	CCAA	7
10.	Cal State East Bay	CCAA	NR

[View Complete Regional Polls Online](#)

Women's Regional & National Polls

GNAC WOMEN'S TEAMS IN THE USTFCCCA POLLS

National	UAA	NNU	SPU	SFU
Preseason	27th	—	21st	11th
Sept. 15	—	RV (2)	22nd	10th

RV - Not ranked in top-25, but is among others receiving votes.

West Region	UAA	NNU	SFU	SPU	WWU
Preseason	6th	7th	2nd	5th	8th
Sept. 14	—	8th	2nd	5th	9th

USTFCCCA DIVISION II COACHES POLL

Week 1 - Sept. 15, 2021		
Rk	School (1st)	Pts.
1.	Grand Valley St. (8)	240
2.	Colorado Mines	231
3.	Adams State	223
4.	Augustana (S.D.)	218
5.	Southern Indiana	204
6.	Lee (Tenn.)	201
7.	Stanislaus State	189
8.	Mary	181
9.	UC-Colorado Springs	172
10.	Simon Fraser	167
11.	Walsh	164
12.	Southwest Baptist	150
13.	Queens (N.C.)	149
14.	Chico State	140
15.	Hillsdale	130
16.	Cedarville	110
17.	Wingate	103
18.	CSU Pueblo	99
19.	Academy of Art	98
20.	Wayne State (Mich.)	90
21.	Minnesota Duluth	78
22.	Dallas Baptist	70
	Seattle Pacific	70
24.	Winona State	47
25.	Cal State San Marcos	39

[View Complete Poll Online](#)

USTFCCCA WEST REGION POLL

Week 1 - Sept. 14, 2021			
Rk	School	Conf.	Prev.
1.	Stanislaus State	CCAA	1
2.	Simon Fraser	GNAC	2
3.	Chico State	CCAA	3
4.	Academy of Art	PacWest	4
5.	Seattle Pacific	GNAC	5
6.	Cal State San Marcos	CCAA	9
7.	Biola	PacWest	NR
8.	Northwest Nazarene	GNAC	7
9.	Western Washington	GNAC	8
10.	Concordia Irvine	PacWest	NR

[View Complete Regional Polls Online](#)



2021 GNAC Meet Summaries

Sat., Aug. 28

UAF Blue/Gold Race

at UAF Trails, Fairbanks, Alaska

Men (7,000m): Alaska Anchorage 21, Alaska 35.

Top 5 Finishers: 1, Coleman Nash, UAA, 22:53. 2, Jacob Moos, UAA, 23:06. 3, Joe Davies, UAF, 23:23. 4, Mike Ophoff, UAF, 23:34. 5, Nickson Koech, UAA, 24:06.

Women (5,000m): Alaska 17, Montana State Billings 38.

Top 5 Finishers: 1, Kendall Kramer, UAF, 18:34. 2, Rosie Fordham, UAF, 18:41. 3, Naomi Bailey, UAF, 19:21. 4, Nancy Jeptoo, UAA, 20:42. 5, Delainey Zock, UAF, 21:00.

Fri., Sept. 3

Linfield Harrier Classic

at Joe Dancer Park, McMinnville, Ore.

NOTE: No GNAC Runners In Men's Race

Women (4,000m): Lane CC 34, Western Oregon 47, Linfield 60, Bushnell 81.

Top 5 Finishers: 1, Piper Crook, LCC, 15:54.2. 2, Katie Chapman, WOU, 16:14.5. 3, Jasmine Liebl, LCC, 16:20.4. 4, Olivia Flack, LCC, 16:24.9. 5, Rebecca Kuskie, BU, 16:27.6.

Other Top GNAC Runners: 9, Emily Johnson, WOU, 17:15.5. 12, Emily Moore, WOU, 17:21.1. 13, Kaiya Leamy, WOU, 17:26.2. 14, Lindie Larson, WOU, 17:27.8.

Sat., Sept. 4

Seawolf Throwdown

at Kincaid Park, Anchorage, Alaska

Men (8,000m): Alaska Anchorage 18, Alaska 38.

Top 5 Finishers: 1, Coleman Nash, UAA, 26:18.4. 2, Jacob Moos, UAA, 26:27.9. 3, Mike Ophoff, UAF, 26:42.2. 4, Nickson Koech, UAA, 26:54.8. 5, Jesus Availos, UAA, 27:36.2.

Women (6,000m): Alaska 23, Alaska Anchorage 32.

Top 5 Finishers: 1, Naomi Bailey, UAF, 22:37.8. 2, Rosie Fordham, UAF, 32:22.2. 3, Nancy Jeptoo, UAA, 24:34.2. 4, Delainey Zock, UAF, 25:04.8. 5, Alfin Nyamasyo, UAA, 26:00.9.

Puget Sound Invitational

at Fort Steilacoom Park, Lakewood, Wash.

Men (6,000m): Saint Martin's 42, Pacific Lutheran 57, Puget Sound 75, Seattle Pacific 89, Whatcom CC 94.

Top 5 Finishers: 1, Kainalu Pagente, SMU, 19:03. 2, Cayan Dibble, Green River CC, 19:05. 3, John Farrell, SMU, 19:12. 4, Colin Monaghan, UPS, 19:17. 5, Ryan Clough, Olympic CC, 19:22.

Other Top GNAC Finishers: 8, Colin Boutin, SPU, 19:34. 12, Lance Slichko, SMU, 20:03. 13, Michael Harwell, SMU, 20:06.

Women (4,000m): Pacific Lutheran 34, Saint Martin's 44, Pierce CC 73, Puget Sound 83, Olympic CC 124.

Top 5 Finishers: 1, Sara Sabra, SMU, 15:35. 2, Jasmine Davis, PCC, 15:46. 3, Alisha Saucedo, SMU, 16:09. 4, Izabelle Anderson, WCC, 16:25. 5, Annika Deazley, PLU, 16:35.

Other Top GNAC Finishers: 11, Naomi Hartley, SMU, 17:07. 15, Kya Ramirez, SMU, 17:26. 19, Abby Burton, SMU, 18:01.

Fri., Sept. 10

SF State Invitational

at Golden Gate Park, San Francisco, Calif.

Men (8,000m): Chico State 24, Simon Fraser 49, Concordia Irvine 123, Academy of Art 150, San Francisco St. 150 (Academy of Art wins tiebreaker 3-2), Santa Clara 160, Saint Mary's (Calif.) 166, Cal St. Monterey Bay 186, Menlo 230, William Jessup 290, San Jose St. 303.

Top 5 Finishers: 1, Aaron Ahl, SFU, 24:30.6. 2, Brayden McLaughlin, CSUS, 24:37.9. 3, Jose Pina, Unattached, 24:44.1. 4, Omar Alvarez, CSUC, 24:48. 5, Saba Khvichava, AAU, 24:48.7.

Other Top GNAC Finishers: 8, Charlie Dannatt, SFU, 25:03.4. 11, Scott Arndt, 25:20.1. 16, Sebastian Brinkman, SFU, 25:37.8. 17, Ephrem Mekonnen, SFU, 25:37.8.

Women (6,000m): Simon Fraser 36, Chico State 60, Academy of Art 84, Concordia Irvine 96, Cal State East Bay 146, Santa Clara 185, San Jose St. 196, Cal St. Monterey Bay 208, Saint Mary's (Calif.) 241, San Francisco St. 251, William Jessup 294, Sonoma State 322.

Top 5 Finishers: 1, Olivia Willett, SFU, 21:57.6. 2, Jori Paradis, CUI, 21:59.3. 3, Natalia Novak, AAU, 22:03.4. 4, Naomi Lagat, Menlo, 22:04.5. 5, Alison Andrews-Paul, SFU, 22:10.6.

Other Top GNAC Finishers: 7, Megan Roxby, SFU, 22:13.6. 8, Grace Chalk, SFU, 22:16.7. 19, Claire Noort, SFU, 22:45.6.

Ash Creek Invitational

at Ash Creek Preserve, Monmouth, Ore.

Men (6,000m): George Fox 36, Western Oregon 63, Lane CC 93, Willamette 93 (Lane CC wins tiebreaker 3-2), Seattle Pacific 142, Linfield 151, Everett CC 202, Clark CC 212, Southwestern Oregon CC 234, Umpqua CC 258.

Top 5 Finishers: 1, Keanu Daos, WOU, 18:22.1. 2, Justin Crosswhite, Unattached, 18:38.8. 3, Riley Watts, Lane CC, 18:45.1. 4, Logan Auxier, Lane CC, 18:48.7. 5, Peter Weiss, GFU, 18:57.

Other Top GNAC Finishers: 11, Colin Boutin, SPU, 19:07.9. 14, Easton Pomrankey, WOU, 19:18.1. 26, Cedar Davis-Frankfort, WOU, 19:35. 30, Jon Owen, SPU, 19:38.7.

Women (4,000m): George Fox 29, Western Oregon 58, Lane CC 74, Linfield 98, Pierce CC 98, Chemeketa CC 173, Umpqua CC 182.

Top 5 Finishers: 1, Luz Garcia, WOU, 13:59.3. 2, Caitlin Heldt, WOU, 14:08.7. 3, Annika Esvelt, SPU, 14:12.3. 4, Ellie Rising, 14:29.5. 5, Jessie Bailey, GFU, 14:32.3.

Other Top GNAC Finishers: 7, Kelsey Washenberger, SPU, 14:40.2.

Sat., Sept. 11

CWU Invitational

at Central Washington Univ. Campus, Ellensburg, Wash.

Men (6,000m): Western Washington 29, College of Idaho 65, Northwest (Wash.) 82, Central Washington 94, Eastern Oregon 103, Green River CC 153.

Top 5 Finishers: 1, Logan Hunt, CI, 19:27.5. 2, Kaleb Korta, WWU, 19:40. 3, Travis Running, EOU, 19:40.9. 4, Jeret Gillingham, WWU, 20:02.2. 5, Micah Murphy, NWU, 20:05.3.

Other Top GNAC Finishers: 6, Mac Franks, WWU, 20:09.1. 8, Sean Sands, WWU, 20:13.4. 9, Jalen Javurek, WWU, 20:13.7.

Women (4,000m): College of Idaho 29, Western Washington 51, Northwest (Wash.) 55, Central Washington 83, Eastern Oregon 124, Olympic CC 179.

Top 5 Finishers: 1, Kahea Figueira, CI, 15:33.8. 2, Larissa Mauer, CI, 15:40.2. 3, Sage Martin, CI, 15:56.4. 4, Eugenia Palko, WWU, 15:57. 5, Sophie Wright, WWU, 16:06.1.

Other Top GNAC Finishers: 6, Mia Crocker, WWU, 16:06.9. 10, Kay Lester, CWU, 16:34.7. 13, Tailer Cochran, CWU, 16:54.6.